



Quick Breads

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Photographs—Courtesy the Wheat Flour Institute, Chicago, Illinois.

Quick Breads

by
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Light, flaky biscuit—piping hot from the oven—with plenty of butter for a good hearty breakfast is a tradition in many a Texas family.

Hot bread muffins, golden cornbread muffins or cornbread sticks, nut or fruit filled sandwich breads — all offer delightful ways to add interest to other every day meals and company meals, too.

These quick breads, as well as hot cakes, waffles, pop-overs and quick coffee cakes, are quickly and easily made. They are called quick breads to distinguish them from the yeast breads which require a longer time to prepare and bake. A light touch and little handling help to make quick breads quick.

Success in any kind of baking is not due to good luck or to a knack for baking. It is due to using tested recipes, accurate measurements, and in following correct methods for mixing and baking.

Plan Before You Bake

"A thing well planned is a thing half done" is an old adage which may well apply to modern baking. Plan your baking before you begin.

- Read recipe and method carefully. Use only tested recipes.
- Assemble and arrange all utensils.
- Assemble and arrange all ingredients.

After the planning comes the actual process of preparation for baking. Good pointers to follow are:

- Use good quality ingredients.
- Measure all ingredients accurately and in standard measuring cups and spoons. Sift flour before measuring.
- Follow the directions with recipe for mixing.
- Use the type and size of pan as described in method.
- Pre-heat the oven. Check the temperature of oven with a portable oven thermometer if there is doubt of an accurate thermostat on the oven.

Now your work is all done except serving the hot quick breads, and this is so easy. Hot breads should be served immediately after removing from oven. Keep them hot with a napkin placed in the bread basket or on the plate or tray. Butter or margarine is usually served with hot breads. Hot biscuits or muffins, butter and some jam, jelly, honey or preserves make a quick and easy dessert.

There are many quick bread recipes. The following are considered standard recipes for biscuits, muffins, hot cakes, waffles, cornbreads, quick loaf breads, steam breads and canned breads. There are several variations of some of the standard recipes included.

A recipe for a Master Mix is included with several recipes using the Master Mix.

Quick Bread Recipes

STANDARD BAKING POWDER BISCUIT

- 2 cups flour
- 1 teaspoon salt
- 3 teaspoons baking powder
- 4 tablespoons shortening
- 2/3 cup milk

Sift flour once, measure, add baking powder and salt, sift into mixing bowl. Cut in shortening until mixture looks like coarse meal, using a pastry blender or two knives. Add milk and stir with fork until soft dough is formed. Turn out on lightly floured canvas or bread board and knead from 15 to 20 times. Roll dough one half inch thick, cut and bake in hot oven 450 to 475° F. from 10 to 12 minutes. Amount: 18 to 20 biscuits cut with 1-3/4 inch cutter.

BISCUITS SUPREME

- 2 cups flour
- 1/2 teaspoon salt
- 4 teaspoons baking powder
- 1/2 teaspoon cream of tartar
- 2 teaspoons sugar
- 1/2 cup shortening
- 2/3 cup milk

Follow the same method as for standard baking powder biscuits. Amount: 18 biscuits.

SOUR MILK BISCUIT

- 2 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon soda
- 1 teaspoon salt
- 4 tablespoons shortening

3/4 cup sour milk or buttermilk
Follow the same method as for standard baking powder biscuit. Amount: 18 biscuits.

*lighter
fluffier
brown*

VARIATIONS OF PLAIN BISCUIT

DROP BISCUIT

Increase milk to make a soft dough and stir about 18 light strokes. Do not knead. Drop by spoonfuls on greased baking sheet.

CHEESE BISCUIT

Add 1 cup grated cheese to sifted dry ingredients.

NUT BISCUITS

Add $\frac{1}{2}$ cup chopped nuts to sifted dry ingredients.

PLAIN BREAD MUFFINS

2 cups all purpose flour
3 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt
2 tablespoons sugar
1 egg
1 cup milk

$\frac{1}{4}$ cup melted shortening
Sift flour, measure into sifter. Add dry ingredients, sift into mixing bowl. Beat egg and add milk and melted shortening. Add to flour mixture, stir just enough to moisten flour. Fill greased muffin pans $\frac{2}{3}$ full. Bake in a hot oven 425° F. for 20 minutes. Remove from pans immediately and serve hot. Makes 12 medium sized muffins.

VARIATIONS OF PLAIN BREAD MUFFINS

PRUNE MUFFINS: Add 1 cup chopped dried prunes.

RAISIN MUFFINS: Add $\frac{3}{4}$ cup chopped raisins.

NUT MUFFINS: Add $\frac{3}{4}$ cup coarsely chopped nuts to flour mixture.

BREAKFAST MUFFINS: Add $\frac{3}{4}$ cup diced cooked ham or bacon.

BLUEBERRY MUFFINS: Add 1 cup blueberries to sifted dry ingredients. Double amount of sugar for a finer texture.

WHOLE WHEAT MUFFINS:
Use 2 cups whole wheat flour instead of the all-purpose flour.

HOT BREADS FOR BREAKFAST OR SUPPER

SOUR MILK HOT CAKES

(The good old-fashioned kind)

2 eggs
2 cups buttermilk
1 teaspoon soda
 $2\frac{1}{4}$ cups sifted flour
2 teaspoons baking powder
1 teaspoon salt
2 teaspoons sugar
4 tablespoons shortening

Beat eggs well. Beat in buttermilk and soda, then sifted dry ingredients, and melted shortening. Drop batter by spoonfuls onto a hot griddle or heavy iron skillet. As soon as hot cakes are brown on underside, puffed and full of bubbles turn cake and cook on other side. Serve piping hot with butter and syrup. Makes about 20 hot cakes depending on size.

SWEET MILK HOT CAKES

Use sweet milk instead of buttermilk, omit soda and use 3 teaspoons



baking powder. Separate eggs, beat yolks, add milk, etc. Fold in stiffly beaten egg whites last. Bake as for sour milk hot cakes.

POTATO PANCAKES

2 cups grated raw potatoes
 $\frac{1}{4}$ cup milk
 1 egg, slightly beaten
 2 tablespoons flour
 1 teaspoon salt
 1 tablespoon finely chopped onion, if desired

Drop from tablespoon onto greased pan. Cook until well browned and crisp on both sides. Serve hot. Amount: Makes about eight, depending on the size.

FAVORITE WAFFLES

3 eggs
 $1\frac{1}{2}$ cups buttermilk
 1 teaspoon soda
 $1\frac{3}{4}$ cup sifted flour
 2 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup shortening (part butter for flavor)

Beat egg yolks well. Add butter-milk and soda; sifted dry ingredients and melted shortening and fold in stiffly beaten egg whites last. Amount: 8 to 10 waffles.

Note: 2 cups sour cream may be used in place of milk and shortening.

POPOVERS

(High Hat Muffins, popped so they are crusty shells, hollow inside)

Beat 2 eggs well, add 1 cup milk and continue beating. Next, beat in 1 cup sifted flour and $\frac{1}{2}$ teaspoon salt. Pour into very hot aluminum or iron muffin pans, with $\frac{1}{3}$ teaspoon shortening in each, until one-half full. Bake 45 minutes. Use a very hot oven (475° F.) for 15 minutes—lower to 325° F. to finish baking. Serve immediately. Amount: 8 to 9 large, or 15 small popovers.

OATMEAL HURRY UPS

1 $\frac{1}{4}$ cups flour
3 teaspoons baking powder
3 tablespoons shortening

$\frac{1}{2}$ teaspoon salt
1 $\frac{1}{2}$ cups oatmeal
1 cup milk

Sift flour, salt and baking powder together. Add oatmeal and melted shortening. Add milk and stir only enough to moisten dry ingredients. Drop by teaspoonfuls on a well greased baking sheet. Bake at 450° F. for 15 minutes. Makes 1 $\frac{1}{2}$ dozen medium size.

QUICK COFFEE CAKE WITH TOPPING

1 $\frac{1}{2}$ cups flour
 $\frac{1}{2}$ cup sugar
2 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt

1 egg
 $\frac{2}{3}$ cup milk

3 tablespoons melted shortening
Sift flour, sugar, baking powder and salt together. Beat egg, milk and melted shortening together. Stir liquids into dry ingredients, mixing only enough to moisten

them. Pour into greased pan and add topping. Bake in moderately hot oven (425° F.) 25 minutes. Yield: One 9" x 9" coffee cake.

TOPPING

2 tablespoons butter
2 tablespoons sugar

$\frac{1}{4}$ cup flour
 $\frac{1}{4}$ cup dry bread crumbs
 $\frac{1}{2}$ teaspoon cinnamon

Cream butter and sugar together. Add flour, crumbs and cinnamon. Mix to consistency of coarse crumbs and sprinkle over coffee cake batter before baking.

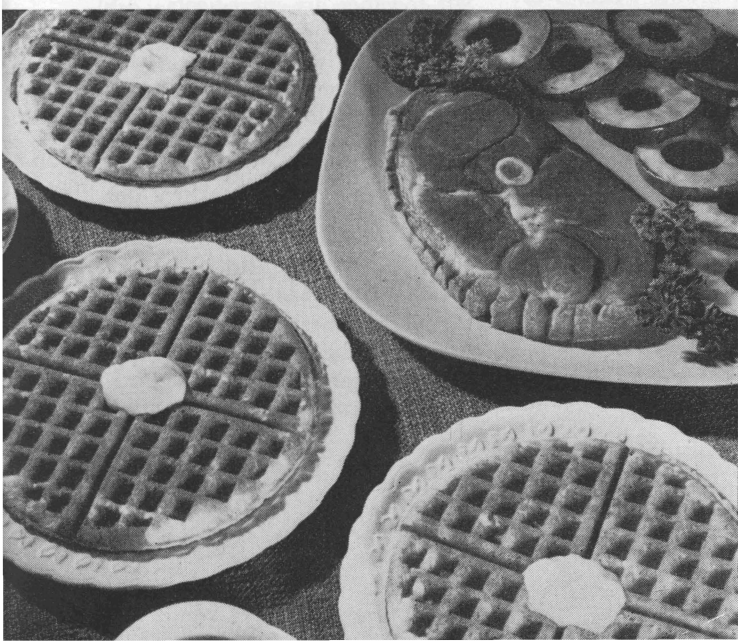
GINGER MUFFINS

1 cup Molasses
 $\frac{1}{2}$ cup boiling water
2 $\frac{1}{4}$ cups flour

1 teaspoon soda
1 $\frac{1}{2}$ teaspoons ginger
 $\frac{1}{2}$ teaspoon salt

4 tablespoons melted butter or other fat

Add water to molasses. Mix and sift dry ingredients. Combine mixtures and beat in melted butter. Bake in muffin pans 15 to 20 minutes at 350° F.



Quick Breads Made with Corn Meal

CORNBREAD

(Sour Milk)

(*CORNBREAD* with flour)

- 1/2 cup flour
- 2 cups corn meal
- 1 teaspoon baking powder
- 1/2 teaspoon soda
- 1 teaspoon salt
- 2 tablespoons fat
- 1 egg
- 2 cups sour milk

(*CORNBREAD* without flour)

- 2 cups corn meal
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon soda
- 1 teaspoon salt
- 1 tablespoon sugar (if desired)
- 2 tablespoons fat
- 1 egg
- 1 1/2 cups sour milk

Sift together the corn meal, flour, if used, baking powder, soda, salt and sugar (if used). Beat egg and add milk. Pour into hot greased bread pans, muffin pans or corn stick pans. Bake in oven 375 to 400° F. for 25 to 30 minutes or until a golden brown. Serves 6.

CORNBREAD

(Sweet Milk)

- 1 cup yellow corn meal
 - 1 cup sifted flour
 - 1/4 cup sugar, if desired
 - 1/2 teaspoon salt
 - 3 teaspoons baking powder
 - 1 egg
 - 1 cup sweet milk
 - 1/4 cup shortening
- Mix and bake as for sour milk corn bread.

SPOON CORNBREAD

- 1 cup corn meal
- 3 tablespoons melted butter or margarine
- 1 cup milk
- 1 cup boiling water
- 1 teaspoon salt
- 2 teaspoons baking powder
- 2 well beaten eggs

Mix corn meal, salt and shortening. Add boiling water, beating until smooth. Add milk, eggs and baking powder. Turn into a greased baking dish or pan and bake in a moderate oven (350° F.) for 45 minutes. Serve with spoon from baking dish. Serves 4 to 6.

HUSH PUPPIES

- 1/2 cup sifted enriched flour
 - 3 teaspoons baking powder
 - 1 tablespoon sugar
 - 1/2 teaspoon salt
 - 1 1/2 cups white corn meal
 - 1 small onion, finely chopped
- (Optional)

- 1 beaten egg
- 3/4 cup milk

Sift together dry ingredients. Add onion. Add beaten egg and milk to dry ingredients, stirring lightly. Drop a teaspoon of batter for each hush puppy into hot deep fat (360° F.) frying only a few at a time. Fry until a golden brown. Drain on absorbent paper. Makes 2 dozen.

CORNBREAD RING

- 1 cup corn meal
- 1 cup sifted flour
- 1/4 cup sugar
- 1/2 teaspoon salt

1 teaspoon poultry seasoning
(Optional)
4 teaspoons baking powder
1 egg
1 cup milk
 $\frac{1}{4}$ cup shortening
Sift all dry ingredients together.
Beat egg, add milk and melted

shortening. Pour over dry ingredients. Mix well. Bake in a greased 8-inch ring mold in a hot oven (425° F.) 25 minutes or until a golden brown. Turn out onto round chop plate. Fill the center of the ring with creamed tuna, chicken, peas, carrots or a combination of these. Makes 8 servings.

Master Mix

The homemade Master Mix is a little cheaper than most of the commercial mixes. The master mix recipes will save time and energy.

MASTER MIX RECIPE*

9 cups sifted all purpose flour
 $\frac{1}{3}$ cup double acting baking powder
1 tablespoon salt
2 teaspoons cream of tartar
 $\frac{1}{4}$ cup sugar
2 cups shortening which does not require refrigeration
Stir baking powder, salt, cream of tartar and sugar into flour. Sift together three times into a large mixing bowl. Cut in shortening, with a pastry blender, until the Mix is the consistency of corn meal. Store in covered containers at room temperature. To measure the Master Mix, pile it lightly into cup and level off with a spatula.

RECIPES USING MASTER MIX

BISCUITS

3 cups Master Mix
1 cup milk
Add milk to the Mix all at once, stirring 25 strokes. Knead 15 to 18 times on lightly floured board.

Roll $\frac{1}{2}$ inch thick. Cut. Bake on baking sheet in a hot oven (450° F.) from 10 to 12 minutes. Makes 18 two-inch biscuits.

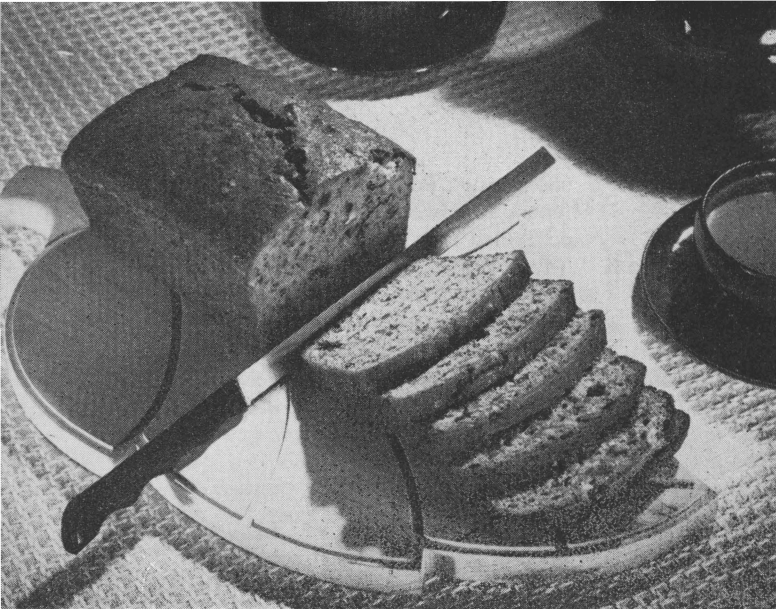
MUFFINS

3 cups Master Mix
2 tablespoons sugar
1 cup milk
1 egg
Add sugar to the Mix. Combine milk and beaten egg. Add to the Mix. Stir until flour is just moistened (about 15 strokes). Bake in greased muffin pans in hot oven (425° F.) for about 20 minutes. Makes 12 medium sized muffins.

CORNBREAD

$1\frac{1}{2}$ cups Master Mix
 $\frac{3}{4}$ cup corn meal
 $\frac{1}{2}$ teaspoon salt
2 tablespoons sugar
 $\frac{3}{4}$ cup sweet milk
1 egg
Stir corn meal, salt and sugar into the Mix. Combine milk and beaten egg. Add to the Mix, stirring until blended. Bake in greased pan in a hot oven (425° F.) about 30 minutes. Yield: 10" x 10" pan.

*Reference — Agricultural Extension Service, Purdue University, Lafayette, Indiana.



Quick Loaf Breads

WHITE NUT LOAF

3 cups sifted flour
4 teaspoons baking powder
1 teaspoon salt
 $\frac{3}{4}$ cup sugar
 $\frac{3}{4}$ cup chopped nuts
1 large egg
 $1\frac{1}{2}$ cups milk
2 tablespoons shortening, melted
Sift dry ingredients. Add nuts. Stir in well beaten egg mixed with milk. Stir in shortening. Pour into greased bread loaf pan (8" by 4"). Let stand 20 minutes before baking. Bake about 60 minutes in moderate oven (350° F.)

QUICK FRUIT LOAVES

BANANA BREAD

$\frac{1}{2}$ cup shortening
1 cup sugar
2 eggs
1 cup ripe bananas, crushed (about 3 good sized bananas)
 $\frac{1}{2}$ cup nuts
2 cups flour
1 teaspoon soda

PRUNE BREAD

$\frac{1}{4}$ cup shortening
 $\frac{1}{2}$ cup sugar
1 egg
1 cup prunes (cooked, drained)
2 cups flour
 $\frac{1}{2}$ cup nuts
3 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt
 $\frac{3}{4}$ cup liquid (prune juice and milk)
2 teaspoons grated lemon rind
Cream shortening and sugar together. Blend in beaten eggs and fruit. Stir in dry ingredients alternately with liquid. Add nuts. Pour batter into greased bread loaf pan (8" x 4"). Bake 55 to 60 minutes in moderate oven at 350° F.

ORANGE BREAD

Parboil 2 cups orange peel, finely cut, in 1 cup water and 1 teaspoon soda for 10 minutes. Drain and rinse well in clear water. Add 1 cup sugar and $\frac{3}{4}$ cup water. Cook until tender and thick. Make batter of following ingredients:

2 eggs (do not separate)
1 cup sweet milk
 $\frac{1}{2}$ cup sugar
2 tablespoons melted butter
 $\frac{1}{2}$ teaspoon salt
3 teaspoons baking powder

$3\frac{1}{2}$ cups flour
1 cup pecans
Add warm orange peel, and floured pecans. Bake from 1 to $1\frac{1}{2}$ hours in moderate oven at 350° F. Makes two small or one large loaf.

Other Quick Breads

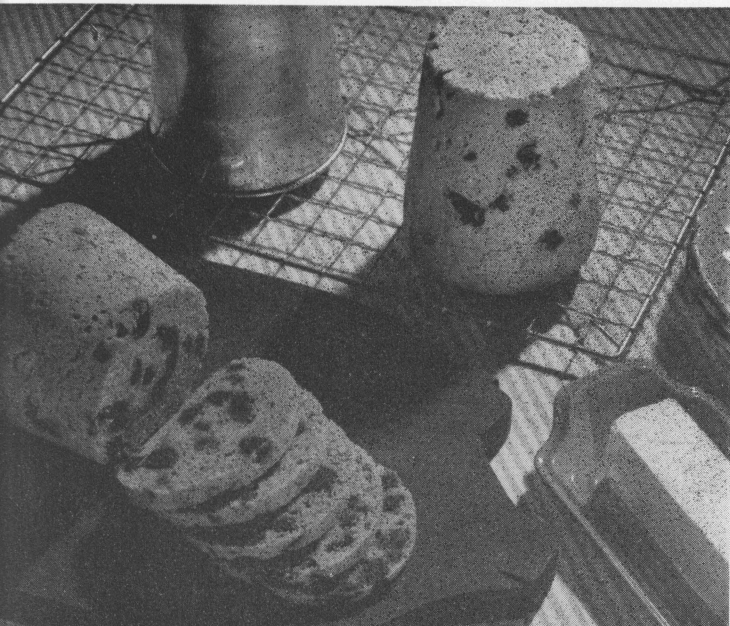
STEAMED BOSTON BROWN BREAD

2 cups whole wheat flour
1 cup corn meal
 $1\frac{1}{2}$ teaspoons soda
 $1\frac{1}{2}$ teaspoons salt
1 cup raisins
2 cups buttermilk
 $\frac{3}{4}$ cup dark molasses
Sift together the meal, soda, and salt—add to whole wheat flour and raisins and mix well. Mix the buttermilk and molasses. Add to dry ingredients. Stir only enough to wet the dry ingredients. Fill greased cans to one inch of top. Cover the cans with waxed paper. Steam in pressure cooker for 2 hours. The water in the cooker should be at least half way up the sides of the cans.

STEAMED PEANUT BUTTER DATE BREAD

$\frac{3}{4}$ cup peanut butter
 $\frac{1}{4}$ cup sugar
1 egg
2 cups sifted flour
3 teaspoons baking powder
1 teaspoon salt
 $1\frac{1}{4}$ cups milk
 $\frac{1}{2}$ cups dates, chopped

Cream together peanut butter and sugar and add egg. Mix well. Sift together flour, baking powder and salt and add to the creamed mixture alternately with the milk. Fold in the dates. Fill greased mold $\frac{2}{3}$ full, cover tightly and steam for $2\frac{1}{2}$ hours. Serve hot or cold. Makes 2 loaves.



CANNED QUICK BREADS

Any of the quick loaf breads may be canned by the following directions: Grease number 2 plain tin cans. Fill with batter to within $\frac{3}{4}$ inch of the top. Seal the first roll on the can. Place the cans on a rack in pressure cooker and add water to about half way up sides of cans. Steam for one hour and fifteen minutes in pressure cooker.

Tighten two lugs on the pressure cooker and leave the pet cock open during the entire steaming process. It may be necessary to check amount of water in cooker when about half through steaming period. If necessary, add more boiling water to cooker. Complete seal on the cans and process at 10 pounds pressure for 30 minutes.